

Make Your Own Sport Drink & Energy Bar



Sport drinks and bars provide fluid, carbohydrate and electrolytes to prolong endurance, promote hydration, and prevent muscle cramps to enhance the enjoyment of exercise. Store bought products can be pricey and may not suit your taste buds. Making your own drink and/or bar allows you to create a drink that your taste buds love and that is (potentially) less expensive.

Basic Sport Drink Formula

Dissolve ¼-1 teaspoon iodized salt into 12 ounces (1 ½ cups) boiling water. Mix in 20 ounces (2.5 cups) 100% fruit juice and 2 ounces (¼ cup) lemon juice. Chill and drink.

Makes four 8-ounce servings (1 liter). Per serving: ~ 15 grams carbohydrate, 150-600 mg sodium

Recipes by D. Enette Larson-Meyer, PhD, RD, Vegetarian Sports Nutrition

Recipe 1

¾ cup apple juice
 1 ½ cups black cherry or grape juice
 Approximately 2 cups cold water (to make 1 liter)
 1/8-1/4 teaspoon iodized salt
 Mix together and chill.

Recipe 2

2 ¼ cup grape juice
 Approximately 2 cups cold water (to make 1 liter)
 1/8-1/4 teaspoon iodized salt
 Mix together and chill.
Makes four 8-ounce servings
Per serving: 12-15 grams carbohydrate, 290-580 mg sodium

Recipes from Nancy Clark's Sports Nutrition Guidebook

¼ cup sugar
 ¼ teaspoon salt
 ¼ cup hot water
 ¼ cup orange juice
 2 tablespoons lemon juice
 3 ½ cups cold water

Dissolve sugar and salt in hot water; add the juice and the remaining water.

Makes four 8-ounce servings
50 calories, 12 g carbo hydrate, 110 mg sodium

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Recipes by Hana Abdulaziz Feeney, MS, RD, CSSD

Tart Cherry Sport Drink

Tart cherries help to reduce inflammation associated with exercise.

2 ¼ cups water
 ½ teaspoon sea salt
 1 ½ cups Knudsen Tart Cherry Juice (if this is too tart for you use regular cherry juice instead)
 ¼ cup lemon juice

Bring the water to a boil. Dissolve the salt in the water. Mix in juice.
*Makes four 8-ounce servings
 15 grams carbohydrate, 300 mg sodium*

Pina Colada Sport Drink

The coconut water gives a light flavor, a few carbohydrates and tons of potassium.

12 ounces water
 ½ teaspoon sea salt
 32 ounces O.N.E. Coconut water
 12 ounces 100% pineapple juice
 ¼ cup lemon juice

Bring the water to a boil. Dissolve the salt in the water. Mix in juice and coconut water.
*Makes four 8-ounce servings
 15 grams carbohydrate, 195 mg sodium*

ENERGY BARS

Recipes by Melanie Hingle, PhD, MPH, RD

Chocolate Walnut Energy Bars

1/3 cup chopped dates
 ¼ cup walnuts
 ¼ cup almonds
 2-3 tablespoons cocoa powder

Place dates in a food processor or blender to make a paste. Put date paste in a bowl. Next, place the almonds and walnuts into food processor or blender and chop. Add chopped nuts to the date paste and 2-3 Tbsp of cocoa powder and mix all ingredients until combined. Flatten mixture and cut into bars or roll into easy bites. Enjoy!

*Makes 4 bars
 130 calories, 14 g carbohydrate, 3 g fiber, 9 g fat, 4 g protein, 0 mg sodium*

Try different variations of ingredients depending on taste. See below for ingredients to make Peanut Butter and Jelly Energy Bars. Same preparation instructions as Chocolate Walnut Bars.

Peanut Butter & Jelly Energy Bars

1/3 cup chopped dates
 1/3 cup raisins
 2 ounces salted peanuts

*Makes 4 bars
 160 calories, 23 g carbohydrate, 3 g fiber, 7 g fat, 4 g protein, 120 mg sodium*